



# Evaluating Mobile Applications for HIV/AIDS Prevention among University Students in Eastern Uganda: A Systematic Literature Review

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## Abstract

University students in Eastern Uganda are at risk of HIV/AIDS due to high-risk behaviors such as unprotected sex and substance use. Mobile applications have been proposed as a potential tool for prevention, but their effectiveness is not well-established. A comprehensive search of databases including PubMed and Google Scholar was conducted. Studies were selected based on predefined inclusion criteria, and data were synthesized using PRISMA guidelines. Mobile applications aimed at preventing HIV/AIDS showed mixed efficacy, with some demonstrating a significant reduction in risky behaviors ( $p < 0.05$ ) among university students. Despite the variability in effectiveness, mobile applications hold promise for improving HIV prevention efforts among this demographic. Future research should focus on tailoring interventions to specific student populations and evaluating their long-term impact. Treatment effect was estimated with  $\text{text}\{logit\}(\pi) = \beta_0 + \beta^{-1} p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, HIV/AIDS Prevention, Mobile Health Apps, University Students, Theory of Planned Behaviour, Social Cognitive Theory, Technology Acceptance Model*

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